I claim:

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- 1. A system for loading or unloading a container or other structure from a transport vehicle comprising, in combination,
- a. an elongated body removably attached to a transport vehicle, where the elongated body has a front and rear;
 - b. a carriage slidably attached to the elongated body;
 - a plurality of rollers attached to the elongated body;
- d. a multi-stage central hydraulic cylinder having a fixed end and a moving end, where the fixed end is attached to the rear of the elongated body and the moving end is attached to the carriage such that extending and retracting the central hydraulic cylinder moves the carriage from the rear of the elongated body to the front of the elongated body;
- e. means for releasably engaging a container or other structure, where the engaging means is connected to and moves with the carriage along the entire length of the elongated body when the central hydraulic cylinder is extended or retracted; and
- f. a first pair of hydraulic cylinders connected to the vehicle frame and to the elongated body and oriented such that when the pair of cylinders are extended the front of elongated body is lifted to a position above the rear of the elongated body.
- The system of claim 1 where the engaging means is a jib and hook lift
 combination that engages a lift bar or other connector on the container or structure, and
 the elongated body contains a second pair of hydraulic cylinders attached to the
 carriage and to the engaging means.

3. The system of claim 1 where a cable sheave is attached to the carriage.

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- 4. The system of claim 3 where a cable slidably engages the cable sheave and has a fixed end and a free end and where the fixed end is attached to the elongated body or the central hydraulic cylinder, and the free end is configured to releasably engage the container or structure.
- 5. A system for loading or unloading a container or other structure from transport vehicle comprising, in combination,
 - a. an elongated body removably attached to a transport vehicle frame, where the elongated body has a front and rear;
 - b. a carriage slidably attached to the elongated body;
 - c. a plurality of rollers attached to the elongated body;
 - d. a multi-stage central hydraulic cylinder having a fixed end and a moving end, where the fixed end is attached to the rear of the elongated body and the moving end is attached to the carriage such that extending and retracting the central hydraulic cylinder moves the carriage from the rear of the elongated body to the front of the elongated body;
 - e. a cable sheave attached to the carriage;
- f. a cable slidably engaging the cable sheave that has a fixed end and a free end, where the fixed end is attached to the elongated body or the central hydraulic cylinder, and the free end is configured to releasably engage a container or structure; and

- g. a pair of hydraulic cylinders connected to the elongated body and to the transport vehicle frame oriented such that when the pair of cylinders are extended the front of elongated body is lifted to a position above the rear of the elongated body.
- 5 6. A system for loading or unloading a container or other structure from a transport vehicle comprising, in combination,
 - a. an elongated body removably attached to a transport vehicle, where the elongated body has a front and rear;
 - b. a carriage slidably attached to the elongated body;
 - c. a plurality of rollers attached to the elongated body;
 - d. a multi-stage central hydraulic cylinder having a fixed end and a moving end, where the fixed end is attached to the rear of the elongated body and the moving end is attached to the carriage such that extending and retracting the central hydraulic cylinder moves the carriage from the rear of the elongated body to the front of the elongated body;
 - e. a hook and jib to releasably engage a container or other structure, where the hook and jib is connected to and moves with the carriage when the central hydraulic cylinder is extended or retracted; and
 - f. a first pair of hydraulic cylinders connected to the vehicle frame and to the elongated body and oriented such that when the pair of cylinders are extended the front of elongated body is lifted to a position above the rear of the elongated body.

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